

The Echo

Eastern Oregon Correctional Institution Newsletter

Points of Interest:

- Clock Repair Class is accepting applicants.
- Angel Tree sign up is now open.
- Volunteer Gardening Program accepting AICs.

Inside this Issue:

EOCI Beautification	2
Classes in Swing	3
Experience that Counts	4
It's Easy Being Green	6
Finding Your Caloric Need	7
Just the Facts	8
Video Game Reviews	10
Breath of the Wild—Tips	11
In the Groove	12
Enrichment Club Update	13
Pearls of Wisdom	14
Comics of the Month	14
Dad Joke Submissions	15
Angel Tree Sign Up	16
Camp Agape	17
Clock Repair Class	18
NDEP—College Classes	18
Volunteer Gardener	19
DNA Testing Kits	19
ODOC Rule Changes	20

Bees Do Bee Things

A Colony Attempts to Swarm

Written by Patrick Gazeley-Romney



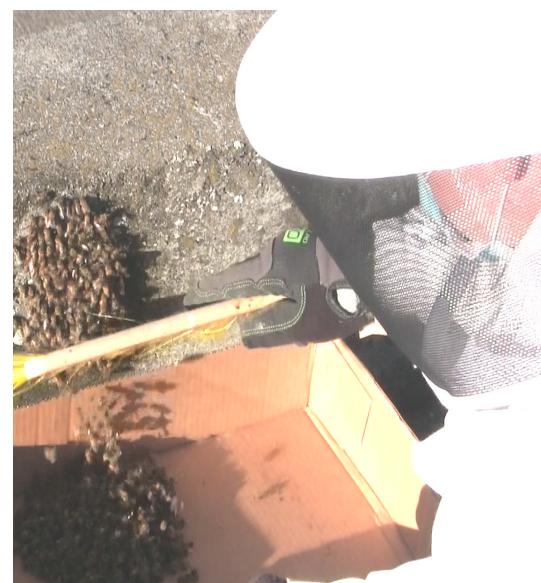
On Tuesday May 4th at 2:00 pm a swarm of bees were observed leaving the hive located on the backside of the IWP building before settling on the curb between the carpentry shop and garment factory loading dock. The swarm was successfully captured and installed in a new hive body in the H1 Apiary.

Swarming is a normal activity for healthy hives in the early spring, signaling the vitality of a colony. Swarming usually occurs as the mechanism for natural reproduction in a healthy colony. Most swarms happen during the first honey flow- at the beginning of May to the middle of June. A swarm usually leaves a hive on a warm, dry day in the mid-morning. When a colony outgrows the space available to them in a hive body, they lay an egg for a new queen in preparation for the old queen to leave with a portion of her worker bees.

Sixteen days after the new queen egg is laid, the adult queen hatches. As the new

queen develops, the bees ready the original queen for her flight with the swarm. She is fed less each day and her egg production decreases, noticeably reducing the size of her abdomen. Her attendant bees aggressively push, shake, and nip at her to keep her moving to help her lose weight so that she can fly.

The most important job for any beekeeper is to provide suitable space for colony growth so that the chances of a colony sticking around increases. Swarms can be a good thing, as they afford beekeepers an opportunity to capture the absconding queen and her retinue and re-hive her in a new hive body, effectively gaining another hive in their apiary.



Important Note

"If you are interested you should try it, the worst thing that can happen is we will get out some white paint and repaint the wall. You literally can't do it wrong."

- Shawn Crabtree,
when asked about painting
housing unit murals

Article Vocabulary

1. **Blue Room:** A room painted with soothing colors, sound, and lighting. Used to help calm someone.



Recently several murals were painted in DSU - part of a project to beautify the area and make it less imposing. Pictured above, the American flag and star combinations were painted in the foyer at the request of Lt. Duchek.

In the DSU classroom, which has doubled as a blue room¹, there is a mural of a staircase leading into the sunset (pictured below). This mural was painted by AIC Shawn Crabtree, who is also a facilitator of the *Art Inside Out* Class. The staircase serves a symbolic purpose, representing a growth and a transition towards something better and more positive.

These are just two of several murals painted in DSU. Crabtree describes that although the colors of every mural are muted, each color was chosen intentionally. The colors were painstakingly researched and chosen based on their calming effect. In addition, and at the request of Counselor



EOCI Beautification

Murals Painted in DSU, Plans for Housing Unit Murals

Written by Phillip Luna

Zhu, Crabtree also painted the ceiling of the classroom a sky blue to help make it feel more open. At the front of the classroom the wall was painted with a cloud-like pattern of hushed oranges and yellows to draw students attention forward (not pictured).

There are plans for more murals in DSU and recently Lt. Hogeland requested a gentle island tropical scene in the blue room, which Crabtree plans to embark upon with AIC Josh Carlson, who is currently a mural painting apprentice.



DSU is not the only area at EOCI undergoing some beautification. Plans for housing unit murals around the compound are currently underway. For those who are interested in painting a mural on your housing unit you can still submit your design by sending a communication form to Ms. Halbert in Correctional Rehabilitation. AICs who paint murals must be incentive level 3 and must submit fully completed mural designs for approval.

All submitted mural ideas must be approved to be considered and while creativity is encouraged, ideas that center on scenery, Oregon landmarks, or a positive symbolic message have a higher likelihood of approval.

Artist Crabtree states that he is most excited to work with the potential muralists, and says, *"I am inspired by other [artist] voices being heard."*

Classes Progressing

Some Classes Return, Others Move to Self-Study Format

Written by Phillip Luna



Pictured above, students in the Roots of Success class participate in small groups while masked and maintaining six-feet of social distancing, demonstrating the new normal for class structure. While these precautions make most classes and groups challenging, and some nearly impossible, many have made the necessary adjustments to restart their programs.



Although the class sizes have been smaller, Seed to Supper and Master Gardener have been able to meet and work their dedicated plot outside the east gate. Both gardening classes and the Roots of Success class have a backlog of applicants and enrolled students; however, they are still accepting applications for future classes. There are still opportunities for AICs to participate in gardening - the Volunteer Garden Program through Food Services is currently accepting applications. More information and the application process can be found on page 19.

Beekeeping has resumed, with the beekeepers having the added benefit of already wearing a mask and full head

cover. The Apiarists¹ have had the opportunity to work their hives in small groups over the past few weeks. The students from last year were not able to finish their program and have resumed class where they left off, which means the beekeeping program will not be accepting applicants this year.



The Clock Repair Class is one program that is currently accepting applications and more information is available on page 18.

But some classes have not been as lucky and are moving towards self-study during the time of COVID. Anger Management has been converted to a 12-week self-study course, and interested applicants can send a communication to their counselor for referral. Art Inside Out is currently being converted to a self-study course and AICs may contact Counselor Conley for more information. Mindfulness and Yoga both have options for self-study. AICs can contact Ms. Halbert in Correctional Rehabilitation for more information on either of those.

Despite all the challenges, a new pilot program called Conflict Resolution and Non-Violent Communication has emerged. This program will start as a self-study course and hopefully migrate to a group study option as the program expands. It is a 14-week course designed to help participants develop empathetic understanding of themselves and others, identify ways to make non-violent requests, and express their emotions properly.

Article Vocabulary

1. **Apiarists:** Someone who keeps and manages colonies of bees.

Article Note

More information will be provided on the Conflict Resolution and Non-Violent Communication course when it is available.

Important Note

The law library currently has three law library legal assistant positions. There are currently no openings, but generally legal assistants work as regular library clerks first.

Article Vocabulary

1. **Fast Case:** Fast Case is a search engine for legal documents that is not connected to the Internet.
2. **Paralegal:** A person of specialized training who assists a lawyer.



Every morning at 8 AM Edson Molina makes his way from his housing unit to the Law Library on C3. The Law Library provides legal research assistance, notary services for legal documents and legal issue support from the AIC Legal Assistants. Molina works as a Legal Assistant. The first thing he does upon arrival is pull case law he thinks may be relevant to the 2-5 AIC appointments he has for the day.

As his appointments arrive, AICs brief him on their case or problem. Many of Molina's appointments deal with custody or divorce issues, small business questions or obtaining a driver's license. Molina also assists AICs in translating their legal mail. He says he sometimes struggles with the limits of what he can do for other people. "*I can only do so much*", he says. "*We are limited to the resources available to us- legal texts*

and the Fast Case¹ system". Fast Case is a search engine for legal documents that is not connected to the Internet.



After reviewing the issue at hand, Molina and his appointment make a plan on how to proceed in the most productive and strategic manner. There are three Legal Assistants working in the law library on any given day so if he needs assistance with a matter, Molina isn't afraid to ask for help from his team. He was trained for his position by his inspiring mentor, Juan Reyes, whom he credits for much of his growth and passion for the legal field.

Some AICs have pursued a certification for paralegal² credentials while working at the Law Library but real world experience is what Molina is most grateful for. "*Organizational skills, time management, client advocacy, form preparation, leadership and team-work skills are all skills I've honed in my years as a legal assistant*", he says. The most important tool he's picked up is empathy for others. Learning to "*listen to others, identify their needs and help them to the best of my ability; as if I were working on my own case*". Molina adds, "*sometimes it's hard not to get attached*".

Every Legal Assistant at the Law Library is required to go through periodic testing of their knowledge of the law and procedures as well as keep up to date on the constantly evolving nature of case law.

(continued on next page...)

Experience that Counts (...continued from previous page)



Molina and the law library team get a lot of positive feedback from the people they help. He remarks that *"people often get emotional when they figure out they have rights as an inmate"*. Many AICs are grateful for the abundance of information gleaned¹ from a session with a legal assistant.



Legal Assistants often start their work as a regular Library Clerk before working their way into a Law Library Clerk position. After some time, and as availability for a Legal Assistant spot becomes open, they can progress further in their career pathway. Library and Law Library Clerks make up to 16 PRAS points. Legal assistants make up to 17 PRAS points. Extra training is required to progress from Legal Clerk to Legal Assistant.

Law libraries state-wide are currently restructuring to better mirror one-another, making it easier for AICs that are transferred between facilities to utilize Law Library services in a consistent and confident manner. AICs requiring the services of a legal assistant or other Law Library materials/services should send a completed CD1714 Law Library Request Form to the Librarian to be scheduled for a call-out. AICs with verifiable legal deadlines are given priority access to the Law Library services.



If you are interested in pursuing a career as a paralegal or attorney, working in the law library can give you a leg up in the hiring process. Legal Assistants at EOCI gain valuable real world experience assisting people in legal matters. Paralegals in Oregon research and investigate facts for lawyers and help them prepare for hearings, trials and corporate meetings. There are about 4,100 Paralegals working in Oregon with about 500 new job openings each year. Paralegals can make between \$20 and \$30 dollars per hour with benefits. Paralegal programs are available at most community colleges and private universities in Oregon.



Work Assignment

Legal Assistants can make up to 17 PRAS points.

Article Vocabulary

1. *Gleaned:* To collect little by little.

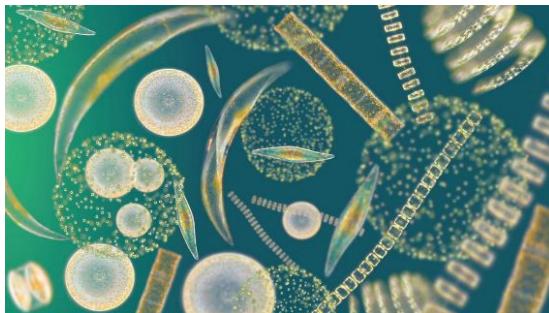


Patrick Gazeley-Romney,
Staff Writer, *The Echo*

PGR is a Staff Writer for *The Echo* and a facilitator for the Seed to Supper, Roots of Success, and Beekeeping programs.

Article Vocabulary

1. **Carbon Dioxide:** An abundant greenhouse gas that contributes to global warming.
2. **Sequesters:** To keep or confiscate; requisition.
3. **Intrinsic:** Inherent or fundamental.
4. **Stewards:** One who manages another's affairs, property, or finances.



Carbon Dioxide (CO₂)¹ is Earth's most abundant greenhouse gas. Greenhouse gases occur naturally in the Earth's atmosphere but in large enough concentrations can drive atmospheric warming trends worldwide (global warming). Human activities- primarily the burning of fossil fuels- have contributed massively to the increase of CO₂ in the Earth's atmosphere. But it isn't only the direct release of CO₂ that spurs warming in our atmosphere, but the destruction of natural habitat that sequesters² CO₂, also referred to as "carbon sinks".

Forests and oceans are the two biggest carbon sinks on planet Earth. Forests are in the forefront of public consciousness, as environmental activists have focused heavily on preserving them throughout the 20th and 21st centuries. The Boreal Forest of Canada is North America's largest terrestrial carbon sink, storing over 500 million tons of the 2.5 billion metric tons of CO₂ stored by all terrestrial forests each year. While forests are an important part of carbon sequestration, oceans are often overlooked.

Oceans are by far the world's largest carbon sinks. Currently more than 99 percent of the Earth's carbon is pent up in deepwater sediments, locked away in the depths of the ocean. Drifting in the topmost layer of the Earth's oceans are microscopic phytoplankton; a group of tiny marine organisms that consume carbon dioxide from the atmosphere and transfer it to marine sedi-

The Carbon Pump

Written by Patrick Gazeley-Romney

ments in the deep ocean through a process called "the biological pump". Phytoplankton are photosynthetic organisms and classified as protists - neither plant nor animal. Not only do they naturally sequester carbon, but they produce nearly half of the daily oxygen in Earth's atmosphere. Phytoplankton are the most intrinsic³ part of the ocean food web, sustaining marine life of all sizes.

When phytoplankton die they fall to the ocean floor where they mix with sediments, sequestering as much carbon each day as all terrestrial plants combined. Dr. Katherine Petrou of the university of Technology in Sydney posits that if phytoplankton populations were to suffer significant decline, "there would be serious consequences for marine food webs and changes to the balance of nutrient cycling" as well as possible changes to global climate.

As stewards⁴ of the environment, humans can do many things to address CO₂ problems, but not every solution has to do with technology. Preservation of carbon sinks worldwide can have a huge impact on our ability to address climate change going forward. Rising ocean temperatures, pollution and ocean acidification are all problems threatening Phytoplankton species throughout the world. Reducing plastic and chemical pollution of our oceans, sustainably managing fishery stocks, preserving coral reef habitat and reducing our reliance on fossil fuels are all things we can do to protect our terrestrial and marine carbon sinks.

The most basic things you can do to help preserve these important systems is to find ways to reduce your waste that ends up in the solid waste stream and contributes to pollution. Recycling, choosing to buy bulk foods and reducing the amount of stuff you buy at the store can have a huge collective impact on the pollution problem we face worldwide.

Finding Your Caloric Need

Doing the Calorie Math



Figuring out your calorie needs in order to lose weight can be tricky. But with some simple math and a few tried and true formulas you can solve this problem.

The *American College of Sports Medicine* says that there are approximately 3500 calories in a pound of stored body fat. Meaning for every 3500 calorie deficit¹ you create you'll lose one pound of body weight. Of this lost body weight, 75% will be fat and approximately 25% will be lean muscle tissue. This is natural - when you lose body fat you will always lose a percentage of muscle as well.

Creating a 3500 calorie deficit requires you to know how many calories you intake and how many calories you expend² each day. There are two formulas that can help you identify your spent calories.

The BMR formula uses the variables of height, weight, age, and gender to calculate a Basal Metabolic Rate (BMR).

For males, the formula looks like this:

BMR Formula

$$\begin{aligned}
 & + 66 \\
 & + (6.23 \times \text{weight in pounds}) \\
 & + (12.7 \times \text{height in inches}) \\
 & - (6.8 \times \text{age in years}) \\
 & = \text{Your BMR}
 \end{aligned}$$

For example, a 35 year old male who is 5'10" (70 inches) tall and weighs 210

Written by Phillip Luna

pounds has a BMR of 2025. That is the amount of calories his body will burn naturally throughout the day.

Exercise and strenuous³ activities increase the amount of calories your body expends. The Harris Benedict Formula, combined with your BMR, can help you identify how many total calories you burn in a day.

Harris Benedict Formula

- Sedentary⁴ (little to no exercise): Take your BMR and multiply it by 1.2
- Lightly active (light exercise 1-3 days weekly) BMR x 1.375
- Moderately active (Exercise 3-5 days weekly) BMR x 1.55
- Very active (hard exercise 6-7 days per week) BMR x 1.725
- Extra active (very hard exercise/sports & a physical job or training 2x per day) BMR x 1.9

The total is the amount of calories you need to maintain your current body weight. For example, if a man had a BMR of 2025 and were lightly active (BMR x 1.375) his total calorie needs for the day would be 2785. If that man were to eat 2285 calories a day, he would create a 500 calorie deficit. After one week (7 days times 500 calories) he would have created a 3500 calorie deficit and lost one pound.

Two Things to Remember

First and foremost - be honest with yourself about how much you exercise and how many calories you consume. There is no sense in cheating yourself.

Second, your BMR is determined in part by your body weight. After you start to lose weight, you will need to re-evaluate your BMR and adjust your calories ranges accordingly in order to keep losing weight.

Article Info

The Echo is seeking AICs who are willing to write on the subject of fitness or health. If you are interested, send a communication form to IWP and we will provide you with the necessary criteria for contributing a newsletter article.

Article Vocabulary

1. **Deficit:** Shortage; a net negative amount.
2. **Expend:** To use or to spend.
3. **Strenuous:** Tiring or difficult.
4. **Sedentary:** Very inactive or with low energy; deskbound.

Article Note

This month's *Just the Facts* article focuses on some of the Frequently Asked Questions regarding the Nintendo Switch Lite and video games. For more information, please see your housing unit bulletin board.

Frequently Asked Questions

Nintendo Switch Lites and Games

My order was returned to the sender. Why?

The most common reason is that your SID number was not included in the order. Just like ordering a book, **your SID number must be included next to your name or in the address field**. Or, the game may not meet the requirements necessary for approval.

For approval all games must be rated Teen or below and must not be a first person shooter where you are shooting other people. Additionally, the game must be new, in its' original packaging, and must come from a legitimate vendor.

Will this fundraiser ever run again or do I have to buy this item now?

You can wait to buy this item. This fundraiser does not have an end date, it will be open until further notice.

Why is the starting cost \$485?

It is \$480.00 for base console with no preloaded games with the option for up to two (2) preloaded games at \$60.00 each. The Enrichment Club has added \$5.00 onto the base console price as a fundraiser cost. Games preloaded by FLE are at-cost. A typical fundraiser is double the cost, but the Enrichment Club has chosen to charge \$485 instead of \$960.

After funds are taken from my account, when can I expect to receive my game console?

We anticipate a 4-8 week turnaround time for orders. The vendor has advised they can produce up to 200 consoles per month; however, EOCL is not their only customer.

If my system breaks or I damage the system and it's not covered under warranty, can I pay to have it fixed?

If damage is determined to be because of use, FLE can offer a replacement device with the account's games loaded onto the

new system for the cost of a new system plus a loading service charge. AICs would have to contact the Operations Captain for a package authorization form and incur all cost associated with shipping. The institution will not assist you with this process and the Enrichment Club does not have any additional information.

Do I have to get the game system with pre-loaded games, and can I choose other games than *Super Mario Odyssey* and *Legends of Zelda*?

AICs have the option of preloading *Super Mario Odyssey*, *Legends of Zelda: Breath of the Wild*, both, or neither. These are the options provided by the vendor.

Of course, you can order other games through a vendor following the appropriate game ordering process.

With the preloaded games will I also receive the game cartridge?

No, the preloaded games are digital only and they will not come with a cartridge.

How much memory does the Nintendo Switch Lite have?

The NS Lite has a 32 GB internal memory card. The operating system requires some memory in order to function and leaves approximately 26 GB's for game play. For cartridges, the save files are around 5 MB on average. There are 1000 MB in a single GB.

Is my data stored on the console?

Unlike other Nintendo systems, your game save data for the Switch is stored on the console's system memory, not on the cartridge. Even if you buy the digital version and later archive or delete the game from your console, your game saves will be preserved.

(continued on next page...)

Frequently Asked Questions (...continued from previous page)

Are there specific vendors approved for ordering games?

AICs can purchase through any vendor that sells brand new Nintendo Switch Lite games. This includes Amazon, Gamefly, Nintendo, Wal-Mart, for example. Games must be brand new, unopened, and meet all of the required criteria.

Is there going to be a list of games that are approved posted on housing units?

There are too many games to list. Game cartridges you order are not part of the fundraiser and it is up to you to determine what games you would like to order.

Are we going to be able to purchase games rated Mature (M)?

No. Games rated Mature, Adult, or Rating Pending will be denied at this time.

What if I don't have support in the community to purchase games?

You may purchase one or both of the pre-loaded games. The Enrichment Club hopes to start a rental or perpetual video game fundraiser in the future. This has not been proposed yet and there is not a timeline.

Can I choose the color of device I want?

No. The company will send whatever colors of consoles they have available. Consoles will be assigned at random.

Why are there anti-tampering stickers on my Nintendo Switch Lite but not on any other devices that I have in my cell, (i.e. CD Player, MP3/4, TV).

This is an ODOC requirement for any gaming devices within institutions. Any game console found with anti-tampering stickers altered or removed will be subject to confiscation by security.

How do I charge my Nintendo Switch Lite?

Game consoles come with a charging cable included. AICs can use the outlet in their cell to charge their game console.

On a full charge, how long can I play a game?

This depends on the game, but most reviews state a person can play for around 2.5 to 6 hours of game time. Like with most electronics it is important to let the battery die completely before charging your NS Lite for the first time in order to get the most out of your battery life.

Can I play multiplayer games between multiple consoles?

No. Bluetooth capabilities have been removed.

Are we going to be able to buy accessories in the future?

The possibility of future fundraisers for accessories is being considered.

When I'm released, can I send my game console to FLE for a refund or credit?

When released you may contact FLE. They have advised they do provide a trade-in credit towards a new, unmodified Nintendo Switch Lite. Additionally, FLE has stated they will move all of your saved data and any preloaded games to your new device. ODOC is not a part of this process and you must contact the vendor directly upon release for more information.

Can I play this on my TV?

No. Nintendo Switch Lites are not made to be played on a television.

Is there a limit to how many games I can have in my property?

You are required to meet all housing unit property rules. You can purchase as many games as you are able to store appropriately within your property.

If I lose my incentive level, but already own a Nintendo Switch Lite, can I still purchase games?

No. Game purchases are for incentive level 3's only.

Important Info

Prior to ordering any game, always check to make sure it meets all of the necessary criteria. Games that do not meet the criteria will be returned to the sender at your expense or hot trashed.

Make sure your SID number is included in the address section of your order. Orders received without SID numbers will be returned to the sender.



Article Information

Have a quick one paragraph game review you would like us to run in *The Echo*? Send a communication form to IWP and let us know!

Video Game Reviews

Popular Picks So Far

Written by Phillip Luna

With Incentive Level 3 AICs now allowed to purchase video games for their Nintendo Switch Lites, many are left wondering where to start. With thousands of games available there are many options to choose from, but here are some suggestions from your fellow AIC gamers.

FIFA World Cup Soccer 21

AIC Gazeley-Romney, and passionate soccer fan, says, “The *FIFA* franchise has always been my favorite in the gaming world... My favorite mode is manager mode where you pick a team and make managerial decisions through the seasons, trade players, and rework rosters while also playing in the games.”

Mario Golf

As his second pick, Gazeley-Romney says, “It is fun to play as all of the different characters and use their different power ups. This game is a lot more user friendly than typical golf.”

Need for Speed



AIC Derrick says Need for Speed is one of his top picks starting out. “It’s only 20 bucks and it’s a great racing title that I already know from past experience will be a good game. There is a great selection of different vehicles, many different tracks, graphics are realistic, and different modes to the game. Some of the courses are actual real world courses. Really good bargain for price of the game.”

Final Fantasy Crystal Chronicles

AIC Eddie Molina, an avid gamer says Final Fantasy Crystal Chronicles is one of his top picks, stating, “*Final Fantasy Crystal Chronicles* is a classic RPG and turn-based strategy where you build character skills and abilities.”

Hyrule Warriors: Age of Calamity



Hyrule Warriors: Age of Calamity takes place 100 years before *Breath of the Wild*. Molina states, “this game is a must have.” And further says this game differs from *Breath of the Wild* in gameplay as it is more of a hack and slash style game with hordes of enemies to fight.

Baldur’s Gate I and II Enhanced Edition



“*Baldur’s Gate I and II* is a great value bundle that comes with all the games’ associated add-on packs”, says AIC Luna. “It is packed with hundreds of hours of classic RPG adventure for only \$32 on Amazon.”

Breath of the Wild

Beginner's Tips

Written by Bryan D. Simmons



The difficulty level of Zelda games has never been consistent. Early Zelda games were considered more arduous¹ than their predecessors, which held the player's hand too much. *Breath of the Wild*, however, is a nice amalgamation² by being challenging early but becoming easier the stronger the character becomes. If playing for the first time, or just tired of dying a lot, the following tips will provide relief.

Weapons, Don't Get Attached

Weapons break, it happens, but it is not the end all be all. Any weapon can be thrown, and will do double damage when thrown. If a weapon is about to break, throw it, for a better weapon is always around the corner.

Cook "Heart"y Meals

In Hyrule, "heart" is in the description of copious³ ingredients. Some examples are the "hearty trout" and the "hearty turnip". Early in the game, one can be found wanting in the heart department, and cooking these types of items together will bestow a profusion of hearts.

Shrine Seeker

Once four shrines are located and completed out in the open world they will allow the improvement of stamina OR heart containers. *HINT* Get to high ground to discover the shrines and mark their position on the map. Also, pick stamina over heart containers.

Map Marking

It's the responsibility of the player to fill the map with icons. Anything perceived from high ground that might be needed; i.e. unreachable chests, an area with lots of great vegetables, stores or other oddities, MARK THEM DOWN!!!

Stamina vs. Heart Containers

More hearts equals more hits. Stamina allows climbs to be higher and flights and runs to be longer. Lots of cooked dishes will grant extra hearts, but it's harder to gain stamina in this fashion. Therefore when "shrines" are turned in, upgrade stamina over heart containers.

Motion Controls "ON"

While irksome, the motion controls are used parsimoniously⁴ in *Breath of the Wild*. They are principally used to aim. So leave it on to dial in headshots with accuracy.

Arrow Round Up

Arrows are astonishingly scarce and unexpectedly powerful. Stockpile them early on as Bokoblins fire them at you. Just run in circles and collect them off of the ground.

Converse with Everyone, Especially the Painter

If they don't attack you first, it is a good idea to talk with them. To experience all the sagas *Breath of the Wild* has to offer, there is a painter who often hangs out at the stables you should talk with.

First Dungeon

Breath of the Wild allows the playing of dungeons in any order the heart desires. However, there is one in the Northwest that is arguably the best to complete first. Each dungeon conquered offers a powerful bonus, but the one bestowed after this particular dungeon is the most useful.



Bryan D. Simmons,
Contributing Writer

Simmons is a 13 year veteran of the USN:USNR, where he supported *Operation Enduring Freedom*. Later he received his Associates in Engineering from Reedley College in California. He is currently a tutor in Education.

Article Vocabulary

1. Arduous: Difficult; strenuous.
2. Amalgamation: To mix, unite, or consolidate.
3. Copious: Many; several.
4. Parsimoniously: Sparingly; excessive thrift or frugality.



Randall Fox,
Contributing Writer, *The Echo*

Fox is an avid musician and regular contributing columnist. He plays the bass, ukulele, guitar and the keyboard.

Article Vocabulary

1. *Intonation*: Cadence; Inflection.
2. *Harmonic*: Choral; harmonious.

In The Groove

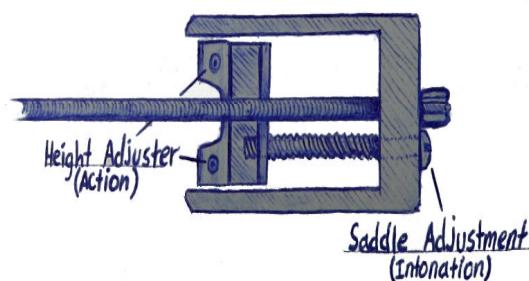
Intonation: A Sonic Battle for Pitch

Written by Randall Fox

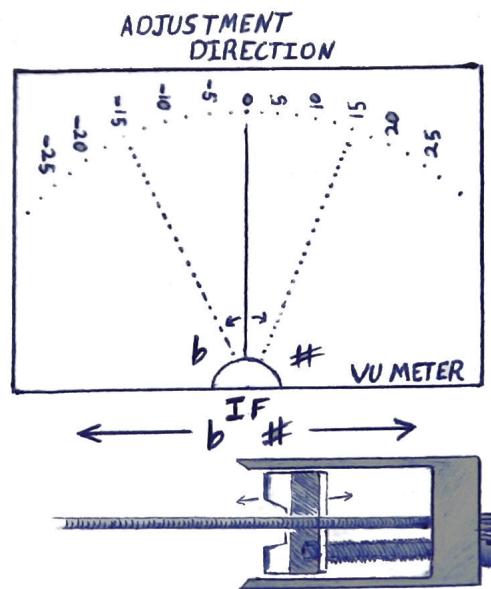
With the discussion of your personal preference regarding the truss rod, there is one adjustment that can't be overlooked. This is so critical that if you are not mindful of this adjustment the whole band will sound out of tune - and you don't want to be that musician. Intonation¹ is the physics behind your guitar's ability to stay in tune as you play up the fret board. Usually it's difficult to detect issues if you stay between the 1st and 7th frets of the guitar. As you continue to play into the upper register with poor intonation, it will no longer play in tune. One instrument that's out of tune will clash with other instruments and make the overall sound suffer.

Intonation is easily checked with any guitar tuner. Play the 12th fret harmonic² while holding the guitar as you normally would. If you're having difficulty with this, have a more experienced player help you play this note. Tune each string to its harmonic note. Check the string you began with to make sure it is still in tune harmonically. Fret the string now at the 12th fret doing your best not to bend it. If the guitars intonation is good it should remain in tune. If the tuner is indicating anything other than in tune you will need to have the saddle adjusted. A cent or two out of tune isn't much to worry about but more than that and I'd make an adjustment.

Bridge Saddle Diagram



The saddles on most electric guitars are easily adjustable. The job of these pieces of hardware effectively lengthen or shorten the string between the nut and bridge. If the fretted note is sharp (#) you will need to lengthen this string distance. The key is to make small adjustments and check the intonation with each adjustment. This process can be very time consuming. If the guitar is flat (B) when fretting the string, then the string length will need to be shortened.



Now that you've spent all this time adjusting and returning you will never have intonation issues again, Right? Not exactly. This should be checked periodically. As the strings age they will stretch and the intonation will change. Making the basic adjustments required to keep your instrument in the tune should be part of every player's routine. Becoming comfortable with general maintenance will not only make playing music more fun, but it will also save you money.

The Enrichment Club

An Update

Written by Phillip Luna

The Enrichment Club currently has one fund-raiser approved and several items under review. The Nintendo Switch Lite fundraiser will remain open. Any incentive level 3 AIC can order the Nintendo Switch Lite at any time. Orders will be processed in batches of 50.

Nintendo Switch Lite games can be purchased through any legitimate vendor and will come through the mailroom. The process has been posted on your housing unit. This is not part of the fundraiser and the club will not facilitate this.

Currently, there is a proposal for Nintendo Switch Lite accessories fundraiser which, pending approval, may include a carrying case, screen cover, and a rubber silicone protector. This has not been approved yet, but the club is hopeful they will be able to offer this in the near future.

The Safeway Chinese Food basket is coming soon. Flyers and order forms will be posted on your housing unit bulletin boards when they are available. Due to staffing constraints and limited delivery options this fundraiser may be limited to 500 orders. We understand this is not ideal; however, there has been a recent increase in staff workload. The *Union Supply* care packages, the increase in Enhanced Meals, and the recent fundraiser(s) all have to be managed under COVID protocols which creates challenges in both the delivery of items to the institution and the hand-out of the items. The Enrichment Club does not have any control over this.

Please send your fundraiser suggestions to Correctional Rehabilitation. Below is a list of previously requested items that you may review prior to submitting a suggestion in order to avoid duplicates.

Club Members

The Enrichment Club

President: Phillip Luna
 Vice President: Bobby Derrick
 Secretary: Matt Derrick
 Treasurer: Bryan Armas
 Ambassador: Will Cote
 Members:
 Ben Edwards
 Patrick Gazeley-Romney
 Alex Hernandez
 Troy Kirk
 Seth Mathews
 Edson Molina
 Daniel Moore
 James Renfro
 Bryan Simmons
 Dennis Waters

Fundraiser Suggestions

In No Particular Order

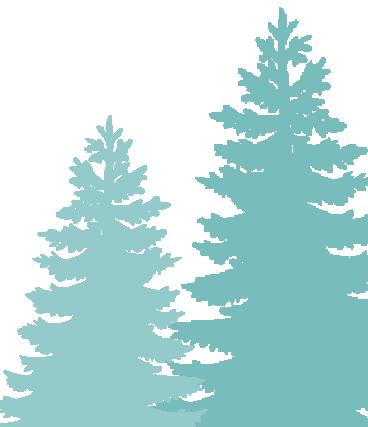
Item

Customized Face Masks/Sleeping Masks
 Electric Razor/Shaver/Toothbrush
 Cheesburger Pizza w/Soda - Domino's
 Donuts - Krispy Kreme
 Costco Muffins
 Spice/Seasoning Selection
 FitBit Watches
 Sweat Pants
 EOCl Bakery Items (ex: Cookies, Pies, etc)
 Thermal Tops/Bottoms
 Art Supplies
 Playstation/Sega Self-Contained Classic Console

Item

Colognes/Scented Oils
 Glutamine/Creatine Supplement
 Dark Chocolate (Good quality with 60-70% cocoa)
 Water Shaker Bottle
 Marshmallows, Bags of Candy, Nutella
 Personal Softball Mitts
 PowerCore 20100 Nintendo Switch Battery Charger
 Personal Music Player
 Various Flavored Coffee, Creamers, French Press
 Acoustic Guitar Concert w/Lunch
 Cheese Basket with crackers and mustard

*Several charities have also been suggested as donation recipients.





Warren Doescher,
Contributing Writer, *The Echo*

Doescher is a regular contributing columnist, WFD worker, and a connoisseur of 6th century pottery from China.

Article Vocabulary

1. **Satirical:** Spoof; ironic or mocking.
2. **Lax:** Negligent or loose; careless.

Pearls of Wisdom

A Writing Challenge

Written by Warren Doescher

A couple days after the latest Echo came out, I was approached by a fellow AIC. He said the articles are enjoyable and wanted to know if he could ask me a question. I said sure, ask away.

He mentioned how my articles are based on things associated to EOCl specifically. So he wanted to know if I could do the same type of writing, *satirical*¹, on topics outside our lives here in the institution. Guess I've never considered it, so I asked if he could give me some ideas. The next day, he followed through and gave me some topics.

So the challenge is set. See if I can write something informative, yet with a touch of humor. Let's find out:

1. The 2014 World yo-yo championships. Most definitely.
2. Migration patterns of the Monarch Butterfly. Pretty sure I could.
3. The Dallas [Redacted by the IWP Coordinator] going undefeated and winning the Superbowl. Thought, I've never tried writing fantasy.
4. Pottery styles of the 6th Century China. Yes, much easier than #3.

Well, the challenge was accepted and I look forward to writing some of these articles. A big "thanks" to the AIC who provided those suggestions. You know, I think it's important we get challenged every once in a while. Sometimes we allow ourselves to become too lax². So when something dares to push us from our comfort zone, the reaction may not be ideal.

Remember, if you face a tough challenge, something bleak, start with a deep breath, assess the situation and work your way through it. Seems simple, but does it work? Sure does. For the past 20 years, I've seen [Redacted by the IWP Coordinator] fans do it at the start of every football season.

Monthly Comics

Submitted by AICs



Comic by Jeffrey Adair



Comic by Herb Wood

Dad Jokes

They Get Funnier with Age!

Written by Phillip Luna



A father says to his daughter, "Your school tells me you're dyslexic."

"Yeah", replies the child.

"Well... we are optimists. And do you remember what we always say?" he asks.

"Yep," the girl says, "When life gives you melons..."

We know you are all really excited for the Dad Jokes column which will run in the June newsletter - which is evident by the tens of jokes that have been sent in after three months of advertising. Lucky for you we have decided to keep the Dad Joke submissions open until June 8th, 2021.

Submit your favorite Dad Joke(s) by sending a communication from to IWP. Multiple submissions are allowed.

Jokes must meet the following criteria:

- Little to no actual humor
- Puns¹ are welcome
- Clichés are a must have
- Must be a clean joke

Article Vocabulary

1. **Puns:** A play on words.
2. **Aloof:** Distant, detached, or oblivious.
3. **Relish:** Enjoy; delight in.
4. **Abacus:** A manual computing device consisting of a frame holding parallel rods strung with movable counters (a really old calculator).

The Ultimate Soft Skill

Dealing with Difficult Bosses

Written by Phillip Luna

Everyone has dealt with a difficult boss at one point or another. Some bosses are too serious and others are not serious enough. Some are micro managers and others might be aloof³. But whatever type of difficult boss you have here are some tried and true techniques for coping with the most challenging of supervisors.

Master the Art of the 'Smile and Nod': Stuck listening to the world's longest story when you have an overwhelming amount of work to do? Try smiling and nodding. Also, if you train your ear to listen to the fluctuation of a voice, you can completely tune out this conversation while interjecting a "yeah" or an "ahum" at the appropriate break to make it appear as though you are listening. In the meantime, use this time as an opportunity to plan out your day and organize your thoughts.

Use your Body Language: Trying to get out of a conversation or being micro managed? Try slowly walking away or turning your body towards your work at hand. If you are on the move, carry a clipboard with you and walk with purpose. In the event you get stuck in a conversation, try checking your watch - this is a classic 'I've got to go' signal.

Relish⁴ the Small Victories: Every once in a while karma has a way of giving you little victories - like some cosmic abacus⁴ of life balancing the scales. When such an event occurs, the most challenging part is to maintain your poker face. Don't let it show! For example, when your supervisor gets stung by a bee you should show empathy, all the while secretly relishing in the thought that karma is balancing out all the dad jokes you had to listen to over the last three months.

Important Note

The examples here are completely fictional and in no way depict actual people or real life situations.

Order Deadline

The deadline for Angel Tree is September 3rd, 2021. Order forms and gift guides will be available on your housing unit on June 9th, 2021.



Angel Tree 2021 is here! This past Christmas, Angel Tree reached out to almost 300,000 children of incarcerated parents with a Christmas gift, the Gospel message, and a loving message from their parent!

Angel tree forms and gift guides are being distributed to housing units on June 9, 2021. Please ask your unit officer for a form, instruction sheet, and gift guide. Once you complete your form, enclose it in an inmate communication form and send it to the Chaplain's office. Please return the instruction form and gift guide to the housing unit Officer. The DEADLINE for sign up is SEPTEMBER 3, 2021 and will be strictly observed (per Prison Fellowship).

Incomplete and/or incorrect information is the primary cause that families are not reached to provide gifts.

Prepare early and have the following information ready:

- Caregiver's phone number
- Children's addresses
- Children's birthdays
- Alternate contact in case your family moves

This program is sponsored through Religious Services at EOCI.

Christmas Gifts for your Children through Project Angel Tree.

The Prison Fellowship Angel Tree Christmas

gift sign-up for gifts to be given to your children in your name, is currently being held at EOCI.

DSU sign up will be coordinated in the same manner for those who will be in DSU through SEPTEMBER 3, 2021.

You must be able to legally have contact with your child (or children) and their caregiver and must sign a statement attesting to this at the top of the form. Unsigned forms will be returned to you. Incomplete forms will not be processed by Prison Fellowship.

- Children need to be:
- Under the age of 18
- Living within the United States
- Be the natural/adopted child or step child of the inmate or the inmate must be their legal guardian. NO GRANDCHILDREN, NIECES OR NEPHEWS.

The gifts will be delivered to the care giver by a local Christian Church (only one gift is required to be given).

All forms must be to the Chaplains office by September 3, 2021.

This information is available on your housing unit bulletin board in English and Spanish.



Agape Families

Youth Camps



Camp Agape is truly a partnership of many churches and individuals who have a heart for these special kids and their families. More than 150 volunteers participate in the event. The Camp Agape Board gives general oversight to the camp director and various team leaders. The camp leadership is anchored by staff and volunteers from University Fellowship Church, but also includes individuals from churches throughout Lane County and the State of Oregon.

Agape Families is an Oregon-based non-profit that aims to provide hope and stability to families impacted by incarceration. They achieve this goal by hosting summer camps, mentorship programs, follow up events and more. Check out our programs below and visit their website for registrations and info.



Camp:

The Agape Youth Camp is a FREE four day camp for kids impacted by incarceration. 7-17 year old campers get to experience

outrageously fun activities and new friendships while learning about hope and healing.

Salem: July 22nd - 25th

Eugene: August 26th - 29th



Mentorship:

The Agape Youth Mentorship program pairs a child with a caring and trained adult mentor. Together, they will get to go to fun activities, attend church, and work through life's ups and downs on a weekly basis.



Contact Info:

Website: www.agapefamilies.org

Email: info@agapefamilies.org

Facebook: Facebook.com/agapefamiliesoregon

Mailing:

PO Box 103
Eugene, OR 97440

To Sign Up



Have friends or family contact Camp Agape at the address listed for more information.

Important Note

The Clock Repair Class is a one year course that will begin in July.

Clock Repair Class

Now Accepting Applications

What has two arms, one face, and is only right twice a day? A broken clock and it's in need of your repair!

What Students Learn:

Students will learn how to use various clockmaker's tools, measuring instruments, bench machines and proper cleaning of equipment.

To Qualify:

- ◆ Incentive Level 2 or 3.
- ◆ Gate-pass eligible.
- ◆ No major misconducts sanctions within six months.
- ◆ No program fails in the last six months.
- ◆ High school diploma or GED.
- ◆ Good work ethic and attitude.

- ◆ Legible handwriting.
- ◆ Knowledge of basic arithmetic.
- ◆ Must be able to converse and read English.
- ◆ Possess basic trouble-shooting skills.
- ◆ Work well in a team environment.
- ◆ Have basic knowledge of hand tools.
- ◆ Be able to follow detailed instructions.

To Apply:

If you are interested send a kytic to IWP by **June 15th, 2021**. Your kytic should include why you would be a good fit and how you plan to use this class in the next 10 years.

Classes will begin in late July and are Tuesdays, Wednesdays, and Thursdays from 1:00 pm to 3:30 pm.

New Directions

Eyeing a Return in the Fall

Written by Ms. Douglas, BMCC/EOCI/
NDEP Educational Liaison

Article Note

The New Directions Education Project is not currently accepting applications.



Even though ABE, GED and ESL classes have returned to EOCI, the Department of Corrections and BMCC have not yet approved the start-up of in-person college classes. Therefore, there will be **NO SUMMER TERM 2021** classes for NDEP as we had hoped.

If New Directions is able to hold in-person

classes Fall Term, those of you in the New Directions program will be notified in late August or early September of a call out to sign up for a class. The WR 115 class will be mandatory for those students who scored at WR 115 on their Accuplacer Test in 2019. It is important that you take this class as it is a pre-requisite for most of the classes that BMCC offers.

Currently, it is undetermined what other class will be offered with WR 115 in the Fall Term of 2021.

Hopefully we can soon be back on track. In the meantime, follow the social distancing and sanitation guidelines and keep your fingers crossed for Fall Term 2021.

Volunteer Gardening

Sign Up Now!



No education or experience required - the Volunteer Gardening Program is currently accepting applicants. **This is a voluntary program.** There is no certification or PRAS awards and **you must be Incentive Level 3 to apply.** Interested applicants should apply

simply for the opportunity to work a garden plot and enjoy some time in the sun.

Program duties include:

- Removing weeds
- Harvesting squash
- Maintaining garden plots

Volunteer gardeners will work garden plots twice per week at designated times.

Send an AIC Communication Form to Ms. Emory, Food Services Manager, if you are interested in participating in the program.

DNA Testing Kit

An Option for AICs

Written by Phillip Luna

Article Note

Sifting through old family photos and sharing the stories of generations past is a treasured practice for many. It's a way to keep memories alive and learn about family history. As science advances, new technologies become available which change the landscape of researching family history. DNA testing is becoming a more common practice and is actually an option for AICs.

The most common companies that provide DNA testing through saliva sample are *Ancestry DNA* and *23andMe*.

A DNA test can provide your family heritage and geographic locations of your ancestors. It may also include your risk of diabetes, celiac disease, cancer and your blood health. The traits section can tell you how much you move in your sleep, your genetic weight, likelihood to have a certain eye color, to hate cilantro, have freckles, to hate eating sounds, or even get bitten by mosquitoes.

There are several different packages that range from \$49 up to \$199 depending on which company you go through and each includes a variety of information.

The Process:

- Send a communication form to Ms. Houtz in Operation.
- You will receive a package authorization form.
- Complete CD28 and authorization form and send it to the Operations Captain.
- When it is returned, complete the form and mail it out.
- When the package arrives you will be called down to R&D to give your saliva sample.
- The package will be mailed out from R&D.
- Your results will arrive in the mail.

For more information have friends or family contact DNA testing companies at:

www.Ancestry.com

www.23andMe.com

Contact Info

PREA Advocate:

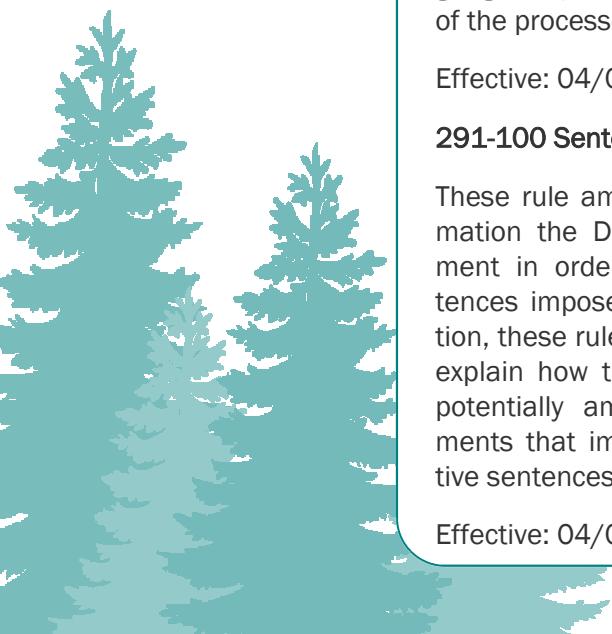
You may write the PREA advocate at:

ODOC PREA Advocate
2575 Center Street NE,
Salem, OR 97301

Important Note



ODOC
Rules Update



PREA

For Your Information

Sexual abuse and harassment are never okay. Tell Someone. GET HELP.

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press 999 to leave a message

All PREA Calls are confidential.

Send a letter to the Governor:

Governor's Office, State Capitol, Room 160,
900 Court St., Salem, OR 97301

The Oregon Department of Corrections has a zero tolerance policy for sexual abuse and harassment. Your family can report on your behalf by contacting the Inspector General's public hotline at: (877) 678-4222.

El Abuso sexual y el acoso sexual nunca son aceptables. Avisele a alguien. CONSIGA AYUDA.

Llame al Inspector General Al numero de ayuda:

1. Levante el teléfono.
2. Marque 999 para dejar un mensaje.

Todas las llamadas a 'PREA' son gratis y confidenciales.

También puede reportar a la oficina del Gobernador por escrito.

Governor's Office, State Capitol, Room 160,
900 Court St., Salem, OR 97301

Sus amigos o familiares pueden hacer un reporte llamando a la linea del Inspector

ODOC Rule Changes

Contact the Law Library for More Information

Below is the list of status changes made to DOC administrative rules since 03/01/21.

PERMANENT RULES**291-097 Prison Term Modification**

Amends the rules to implement statutory language changes and to clarify rule language to provide for easier understanding of the processes.

Effective: 04/07/21

291-100 Sentence Computation

These rule amendments clarify what information the Department needs in a judgment in order to fully compute the sentences imposed in that judgment. In addition, these rule amendments are needed to explain how the Department will interpret potentially ambiguous language in judgments that impose one or more consecutive sentences.

Effective: 04/06/21

291-201 AIC Assignment Management

Amends the rules to align with updated statutory language and references.

Effective: 04/16/21

PROPOSED RULES:**291-127 Visiting**

These rule amendments are needed to clarify the department's eligibility criteria for prospective visitors and to establish that the amendments to OAR 291-127-0415(2) (i) apply retroactively to all persons who have previously submitted an application, or who submit an application, to visit with an adult in custody (inmate) prior to, on, and after the effective date of these rule amendments.

Last day to provide comments: 06/01/21

Temporary rules: 04/01/21 - 09/27/21

Bulletin Board at a Glance



Ordering NS Lite Games

There have been many instances of SID numbers not being included in the address section for ordered games. Just like with books, orders received without a SID number will be returned to the sender.

Root Beer Floats

In tribute to National Ice Cream day, EOCl will be offering Root Beer floats at-cost. Each Root Beer float will come with 8 oz of Vanilla Bean ice cream and a 20 oz of Barq's root beer or Fanta orange soda for only \$1.69.

Order forms must be received by June 25th, 2021 and should be sent to Ms. Halbert in Correctional Rehabilitation. The event will take place on July 14th and 15th.

Mailroom

The mailroom would like to issue a reminder that cards with glitter will be rejected. Please communicate this information with family and friends.

Visitation Pilot

The visitation pilot program has been temporarily suspended. While this is unfortunate, ODOC is hopeful this program can resume soon.

Angel Tree

Order forms for Angel Tree must be received by September 3rd. More information can be found on your housing unit or on page 16.

Embroidery Shop

The OCE Embroidery shop is currently hiring. Application should be sent to IWP and must be received by June 6th, 2021. More information and applicant criteria is available on your housing unit bulletin board.

Dads4Life

A new group focused on Improving parenting skills for incarcerated father's has emerged. Interested AICs should send a communication form to Correctional Rehabilitation, ATTN: Dads4Life. The applicant criteria is available on your housing unit bulletin board.

Housing Unit Murals

Housing unit mural applicants should submit designs to Correctional Rehabilitation. All submitted mural ideas must be approved to be considered and while creativity is encouraged, ideas that center around scenery, Oregon landmarks, or a positive symbolic message have a higher likelihood of approval.

Clock Repair Class Accepting Applicants

The Clock Repair Class is currently accepting applicants. Please submit applications by Tuesday, June 15th, 2021. With your application please include a brief summary of how you plan to use the skills you would learn in the Clock Repair Class.

Volunteer Gardening Program

Incentive Level 3 applicants can sign up for the Volunteer Gardening Program by sending a communication form to Ms. Emory, Food Services Manager, indicating they would like to do so.

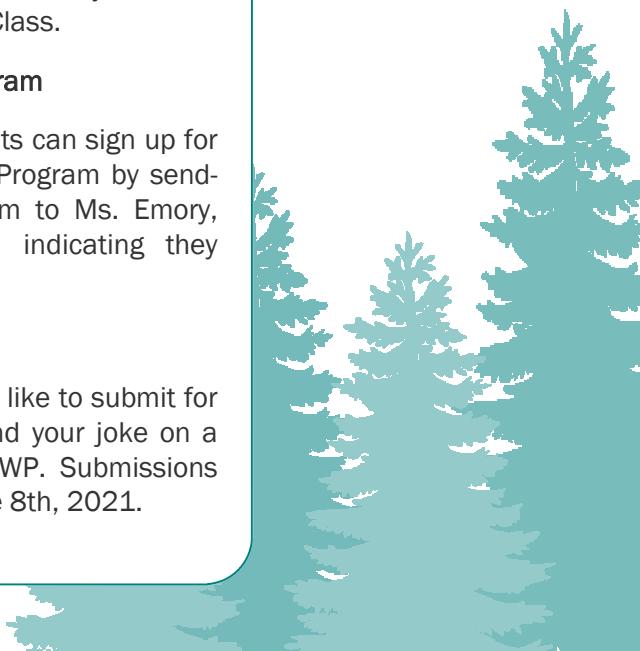
Dad Jokes

Got a Dad Joke you would like to submit for the June Newsletter? Send your joke on a communication form to IWP. Submissions will be accepted until June 8th, 2021.

Article Note

Bulletin Board at a Glance is a section that highlights information contained on your housing unit bulletin board.

Please see your housing unit bulletin board for complete information.



The Echo

Eastern Oregon Correctional Institution Newsletter

The Echo is now distributed to housing units on the 15th of each month, or on the closest regular work day if the 15th falls on a weekend.

Leadership is getting someone to do what they don't want to do, to achieve what they want to achieve.

- Tom Landry

The Echo - Volume III, Issue I - January, 2021

Produced at IWP

Mr. Peters IWP Coordinator

The Echo Staff

Phillip Luna Editor

Patrick Gazeley-Romney Staff Writer

Juan Sanchez Proofreader

Contributing Writers

Warren Doescher Contributing Writer, Humor

Bryan Simmons Contributing Writer, Video Games

Randy Fox Contributing Writer, Music

Contributing Sources & Subjects

Mr. Miles Public Information Officer

Ms. Emory Food Services Manager

Ms. Douglas BMCC Coordinator

Shawn Crabtree Muralist, AIO Facilitator

Edson Molina Law Library Legal Assistant

Jeffrey Adair Comic Artist

Herb Wood Comic Artist

WSBA Beginners Handbook 2021

Oceanservice.noaa.gov/facts/phyto.html

Nationalgeographic.com

Researchgate.net

The American College of Sports Medicine

Wikipedia.org

Oregon Careers magazine 2020

Men's Fitness magazine February, 2018

Important Dates and Events

May 9th Mother's Day

May 15th Armed Forces Day

May 26th Full Moon

May 31st Memorial Day

June 6th Embroidery Shop Applicant Deadline

June 14th Flag Day

June 15th Clock Class Applicant Deadline

June 20th Father's Day

June 24th Full Moon

June 25th Order Deadline Ice Cream Floats

July 14th/15th Ice Cream Floats

Sept 3rd Angel Tree Deadline

PRAS Posting Dates

January 7th

February 4th

March 4th

April 8th

May 6th

June 10th

July 8th

August 5th

September 9th

October 7th

November 4th

December 9th

Get The Echo Via Email!

A publication of Eastern Oregon Correctional Institution, Pendleton, Oregon.

Direct questions and comments to EOCl Institution Work Programs (IWP).

Friends and family can text "CORRECTIONS" to 22828 the receive The Echo in a monthly email.